

Appendix 3.

Progress Report on the thematic Topics from the KPMG Tackling Health Inequalities Audit.

Actions for the Cardio-Vascular Disease recommendations

Increase physical activity

NHS Leeds and LCC are taking forward a jointly funded project to introduce 'Let's Get Moving'. This will provide a physical activity care pathway which will initially be used by GP practices who are signed up to delivering the NHS Health Check programme. They will recruit patients and screen for inactivity using a validated questionnaire. Patients identified as not meeting national recommendations for physical activity will be offered brief advice and where appropriate referred to the 'Let's get Moving' programme to be managed by LCC Sports and leisure services. Patients will then be offered a programme of activity to suit their needs. There will be a full range of exercise referral activity available ranging from exercise programmes for those who are inactive, and at increased risk of having heart disease, to those who have already experience a heart attack or angina. The project will be launched in March/ April 2010.

Reduce the Number of People who Smoke

A comprehensive programme of tobacco control activities including NHS Stop Smoking Services, the 2007 smoke free legislation and a smoke free homes project has resulted in a significant reduction in smoking prevalence both across the city as a whole and in the most deprived areas. The citywide average prevalence has reduced from 30% in 2006 to 23% in 2009. However this decline has levelled out and this is to be addressed through a revision of the Leeds Tobacco strategy to be completed by the end of March 2010. A multi-agency planning event is to be held on the 7th December 2009 as the first steps to establish a senior level citywide board that will strategically oversee this priority area of work and jointly agree the direction for Leeds.

Reduce Levels of Obesity

Consultation is taking place on forming a Leeds Children and Adult Healthy Weight Strategy Board who will strengthen the strategic leadership and direction through the delivery of :

- Can't wait – Leeds Childhood Obesity Prevention and Weight Management Strategy (2006-2016)
- Active Leeds, A Healthy City - Physical Activity Strategy for Leeds (2008-2012)
- A refresh of Leeds Food Matters (2006-2010) to become Leeds Food Programme
- City –wide Adult Weight Management Programme (to be developed)

A LCC and NHS Leeds jointly funded 'All Being Well' project is to be launched in April 2010. This will convert a stall in Leeds Kirkgate Market into a food centre that will provide a course based on a set of ten simple meals which cover basic food skills. After a course of ten lessons, most people will know how to follow a recipe and be able to transfer what they've learned to other dishes and ingredients. The Food Centre is based on the model established in Rotherham by Jamie Oliver LTD.

Leeds Breast Feeding Consortia have developed 'Food for Life', the Leeds breast feeding strategy which is to be launched in December 2009. This will guide the NHS, LCC and other key organisations in actions that will increase the acceptance, initiation and duration of breastfeeding across the City.